



SOOTHE THE FLAME

A Natural Guide to Easing Pain & Inflammation

MonarchHerbs.com



Welcome

Pain is your body's way of calling for help. Whether it's sharp, dull, aching, burning, or persistent, pain always has a root cause — and inflammation is almost always involved.

This guide will help you understand:

- ✓ why inflammation happens
- ✓ how pain develops in different tissues
- ✓ how herbs work with the body to support healing
- ✓ which Monarch Herbs remedies fit your type of pain
- ✓ simple lifestyle shifts that help reduce inflammation naturally

Let's begin your path back to comfort and mobility.



What is Inflammation?

(Deep Explanation)

The Body's Alarm System

Inflammation isn't "bad."

It's your body's built-in healing response — the same system that repairs injuries, fights pathogens, and removes damaged cells.

But when inflammation becomes chronic, everything changes.

The Two Types of Inflammation

Acute Inflammation

- Sudden onset
- Triggered by injury, infection, or immediate stress
- Helps the body heal

Chronic Inflammation

- Low-grade, ongoing
- Caused by stress, poor diet, toxins, autoimmune conditions, or long-term irritation
- Damages tissues, joints, blood vessels, and digestion over time

The Inflammation Cascade:

How Pain Begins

Injury, stress, or irritant occurs

→ The immune system releases chemicals like histamine, prostaglandins & cytokines.

Blood vessels widen (vasodilation)

→ Allows healing nutrients to flood in.

→ Causes redness & heat.

White blood cells rush to the site

→ Cleans up damaged tissue.

→ Causes swelling & stiffness.

Nerve endings become sensitized

→ This is what creates pain signals.

→ The longer inflammation lasts, the more sensitive nerves become.

If inflammation isn't resolved...

→ It becomes chronic.

→ Pain persists long after the original trigger.

→ Tissues weaken over time.

What Triggers Chronic Inflammation?

- repetitive stress or injury
- poor diet (especially sugar, seed oils, alcohol)
- high cortisol from chronic stress
- poor sleep
- gut imbalance
- autoimmune activity
- viral or bacterial infections
- environmental toxins
- overuse of joints or muscles

Herbs help by:

- ✓ easing inflammation signals
- ✓ relaxing muscle tension
- ✓ reducing nerve irritation
- ✓ improving blood flow
- ✓ supporting tissue repair



The Stress- Inflammation Connection

Why Stress Makes Pain Worse (Domino Effect)

Stress is not just emotional — it's chemical.

When you're stressed, your adrenal glands release cortisol and adrenaline to keep you alert. This is helpful short-term... but harmful long-term.



What chronic stress does to the body:

1. Raises cortisol continuously

This keeps the body in “fight or flight,” preventing healing.

2. Weakens the immune system

The body becomes less efficient at repairing tissue → inflammation worsens.

3. Tightens muscles

Shoulders, neck, back, and jaw all tense up, creating pain patterns.

4. Disrupts digestion

A stressed body cannot digest well → undigested proteins can leak into bloodstream → triggers immune reaction → systemic inflammation.

5. Alters nerve sensitivity

High stress = heightened pain perception.

6. Slows joint repair

Inflammation builds faster than the body can clear it.



Herbs that support stress = Herbs that reduce inflammation

Ashwagandha

A grounding adaptogen that lowers cortisol, supports sleep, and reduces anxious tension.

Rhodiola

Uplifting adaptogen that improves focus, motivation, and stress resilience. Great for “wired but tired.”

Reishi Mushroom

Calms the nervous system, nourishes the adrenals, and supports emotional balance.

Oatstraw

Deeply restorative; rebuilds the nervous system in cases of long-term burnout.

Schisandra Berry

Enhances resilience, supports stamina, and steadies mood swings.

Eleuthero (Siberian Ginseng)

A classic adaptogen for stress endurance, energy, and immune support.

Types of Pain & the Best Herbs for Each

There is no one-size-fits-all when it comes to pain. Pain behaves differently depending on which tissues are involved.

We break pain into three main categories:

NERVE PAIN

(shooting, burning, tingling, stabbing, electric)

Often caused by:

- inflammation pressing on nerves
- injury
- shingles
- pinched nerves
- neuropathy

Herbal Actions Needed:

- antispasmodic
- nervine
- analgesic
- anti-inflammatory

Types of Pain & the Best Herbs for Each, cont.

Monarch Herbs Remedies for the nerves:

Twinge Extract

- Contains Lions Mane, Skullcap, Marjoram, Lemon Verbena, Wood Betony, White Willow Bark

Eases nerve irritation, reduces intensity of pain signals, calms spasms

Inspire Tea

- Blue Vervain, Eleuthero, Lemon Verbena, Spearmint, Chamomile, Marjoram, Scullcap, Oatstraw, Lions Mane, Blue Lotus, Hawthorn Leaf

Helps reduce nerve-type pain, and tension patterns

Reflect Smoking Blend (optional)

- Contains: Mullein, Periwinkle, Passionflower, Scullcap, Catnip, Chamomile, Spearmint

Eases anxiety that amplifies nerve pain

Helps relax tension in the neck, shoulders, jaw



Types of Pain & the Best Herbs for Each, cont..

MUSCLE PAIN

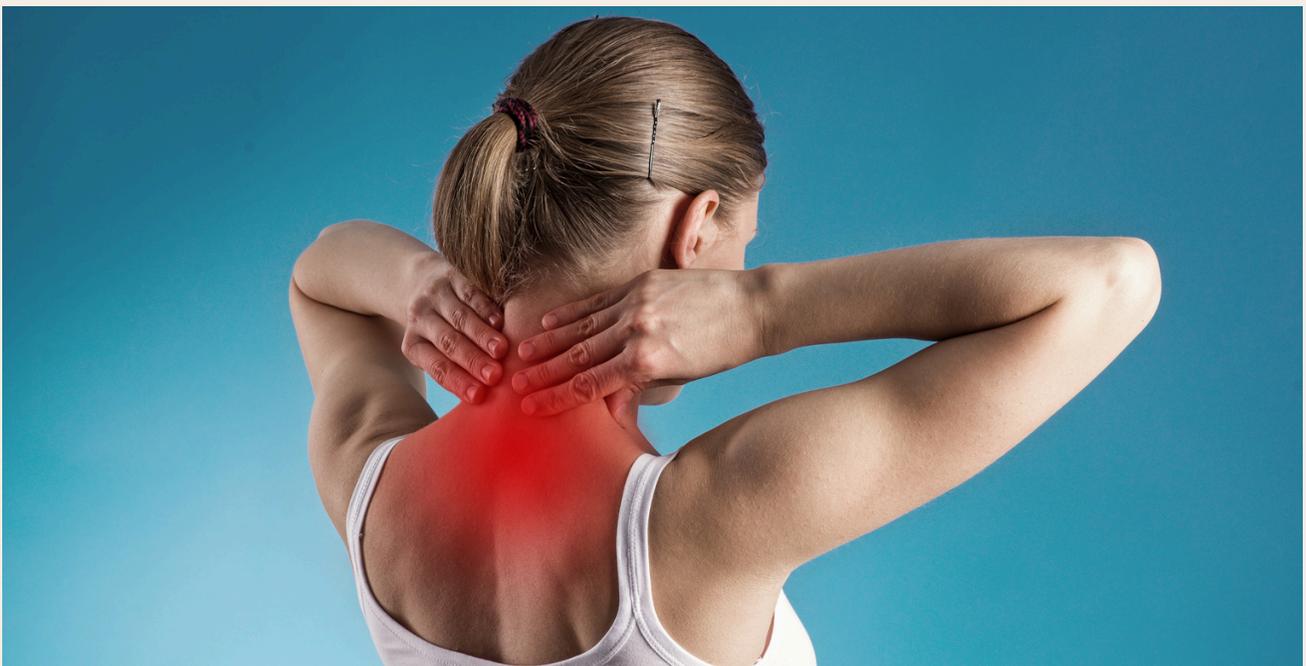
(achy, tight, spasming, sore, “knotted”)

Often caused by:

- physical strain
- injury
- overuse
- tension from stress
- lactic acid buildup

Herbal Actions Needed:

- antispasmodic
- warming
- circulatory
- anti-inflammatory



Types of Pain & the Best Herbs for Each, cont.

Monarch Herbs Remedies for the muscles:

Stunt Salve

- Contains Black Cohosh, Birch Bark, Self-Heal, Meadowsweet, St. John's Wort, Arnica, Essential Oils of Camphor and Eucalyptus

Improves circulation

Reduces aches & stiffness

Speeds tissue recovery

Peace Liniment

- Contains: Isopropyl Alcohol, Black Cohosh, Willow Bark, Birch Bark, Linden Leaf & Flower, St. John's Wort, Lavender, Feverfew, Wood Betony, Arnica

Fast-acting topical formula

Reduces inflammation + eases nerve tension

Great for temples, neck, shoulders

Peppermint Chamomile Magnesium Body Butter

- Magnesium, Coconut Oil, Distilled Water, Shea Butter, Emulsifying Wax, Peppermint Essential Oil, Chamomile Essential Oil

Relax tight muscles

Types of Pain & the Best Herbs for Each, cont..

JOINT PAIN

(stiff, swollen, grinding, deep ache, flare-ups)

Often caused by:

- wear & tear
- arthritis
- autoimmune inflammation
- overuse
- cartilage breakdown

Herbal Actions Needed:

- anti-inflammatory
- tissue repairing
- grounding
- lubricating (demulcent)



Types of Pain & the Best Herbs for Each, cont.

Monarch Herbs Remedies for joints:

Nimble Extract

- Contains Devil's Claw, Wild Yam, Meadowsweet, Blue Flag, Astragalus

Eases joint pain,

Quell Tea

- Contains: Meadowsweet, Plantain, Nettles, Peppermint, Tansy, Basil, Ginger

Daily calming and inflammation-reducing herbs

Gentle enough for long-term use

Helps address the root of chronic swelling and stiffness

Spry Salve

- Contains: Olive Oil, Pumpkin Seed Oil, Beeswax, Shea Butter, Devil's Claw, Ginger, Comfrey Root, Wild Yam, Meadowsweet, Cayenne, Camphor Essential Oil, Vitamin E Oil

Anti-inflammatory + circulatory blend

Topical relief that penetrates deeply

Great for knees, hands, shoulders, back

Types of Pain & the Best Herbs for Each, cont.

Monarch Herbs Bundles:

✦ Pain & Inflammation Wellness Bundle

This curated bundle combines internal + external support:

- Slay Extract
- Mend Salve
- Peace Liniment
- Quell Tea

Perfect for chronic pain clients or those recovering from injury.



Herbs That Calm Pain & Lower Inflammation

Meadowsweet

Contains natural salicylates — similar to the foundation of aspirin — without harsh stomach effects.

Willow Bark

An ancient remedy for pain, stiffness, and joint swelling.

Turmeric

Rich in curcumin, one of nature's strongest anti-inflammatories; works best with black pepper.

Devil's Claw

Excellent for arthritis and chronic joint pain.

Ginger

Reduces swelling, improves circulation, and eases muscle pain.

Nettles

Natural antihistamine + anti-inflammatory — great for autoimmune-related inflammation.

Arnica

Topical anti-inflammatory that relieves sore muscles and bruising.

Boswellia (Frankincense Resin)

Blocks inflammatory enzymes associated with arthritis and chronic pain.

Recipes for Pain

1. Golden Anti-Inflammatory Tea

- 1 tsp turmeric
- pinch of black pepper
- ½ tsp ginger
- honey to taste

Soothe inflammation from the inside.

2. Epsom + Herbal Bath

- 1–2 cups Epsom salt
- Add lavender, rosemary, or chamomile
- Soak 15–20 minutes

Relieves muscles and calms the nervous system.

3. Herbal Compress

- Steep ginger or willow bark tea
- Soak cloth in warm tea
- Apply to sore joints

Simple and effective.



Lifestyle Changes to Reduce Inflammation

✓ Move gently throughout the day

Movement increases circulation, bringing nutrients to healing tissues.

✓ Reduce sugar

Sugar triggers inflammatory cytokines immediately after eating.

✓ Support your gut

70% of inflammation begins in the gut; consider probiotics, fermented foods, bitters.

✓ Improve sleep

Deep sleep repairs tissues and reduces inflammatory markers.



Lifestyle Changes to Reduce Inflammation, cont..

✓ Anti-inflammatory foods

- berries
- leafy greens
- turmeric
- ginger
- wild salmon
- walnuts
- olive oil
- green tea

✓ Avoid inflammatory triggers

- seed oils
- processed foods
- alcohol
- smoking/vaping
- chronic stress



WHEN TO SEEK MEDICAL HELP

Seek care if:

- pain is severe or worsening
- swelling is extreme
- fever accompanies pain
- numbness or loss of function occurs
- joint becomes visibly deformed
- pain persists longer than 6–12 weeks

Herbs support healing, but safety comes first.

**You deserve to feel comfortable
in your body again.**

Explore the full Pain & Inflammation Collection
at [Monarch Herbs.com](https://MonarchHerbs.com)

[Shop Now](#)



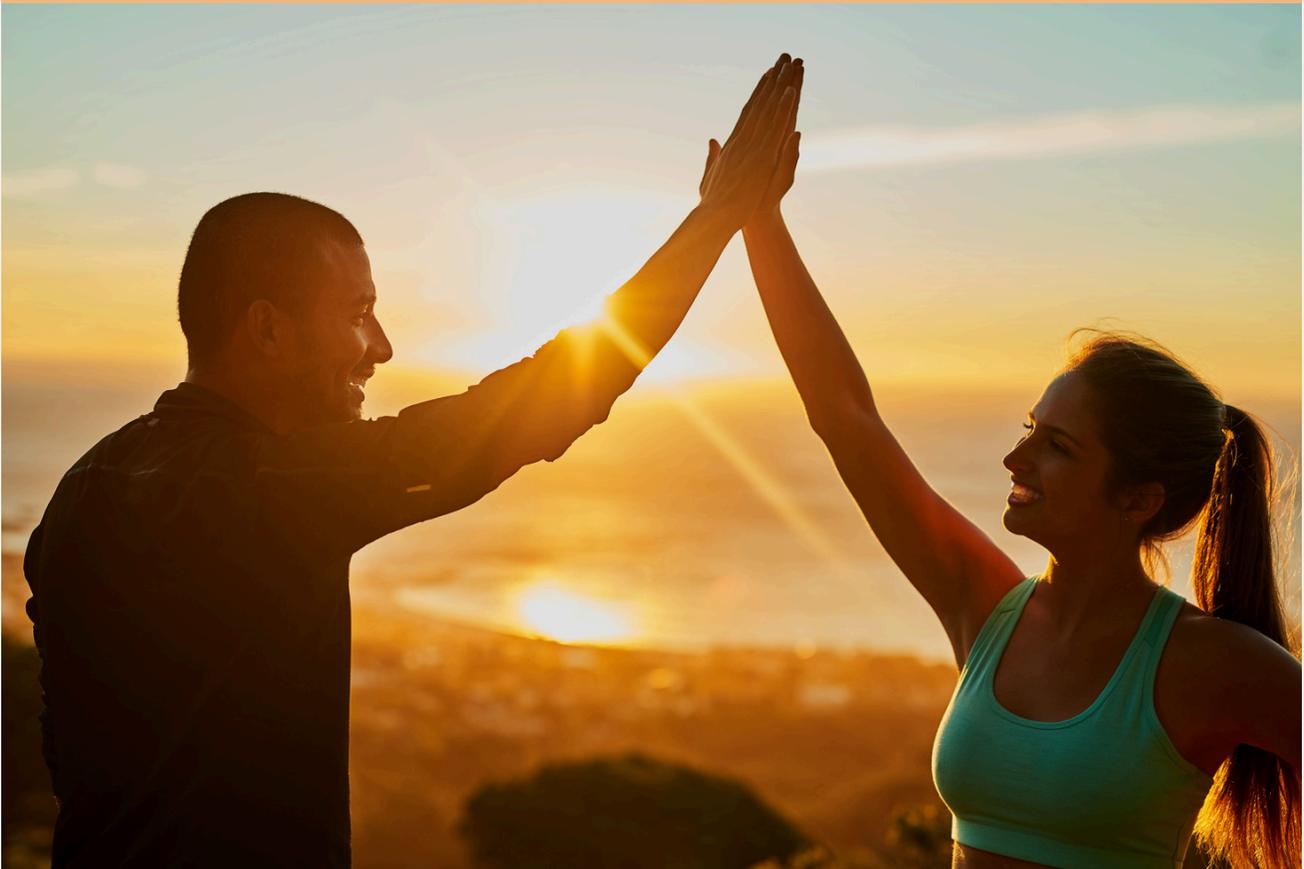
About Monarch Herbs

Founded from a passion for helping families feel better naturally, Monarch Herbs crafts more than 250 herbal remedies — teas, tinctures, salves, smoking blends, pet formulas, and more — all made in small batches with love.

Your wellness is always our priority.

Enjoy 10% Off Your First Order

Use code: PAIN10



“Wishing you peace, balance, and brighter days.”